

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.





# Nutri - Topics

Food and Nutrition Information Center  
National Agricultural Library  
10301 Baltimore Boulevard  
Beltsville, MD 20705

Health Professional

ISSN: 1053-8887  
92-H3

## Sports Nutrition

On this *Nutri-Topics* books and journal articles are in order by publication year under each topic area. An article is coded O if it is a literature review or overview of a topic. An article is coded R if it presents original research.

### General Overview (publications in order by year)

*Nutrition for Fitness and Sport*. 3rd ed. Melvin H. Williams. Dubuque, IA: Wm C. Brown Publishers. 1992. 431 pp.

*Sports Nutrition: A Guide for Professionals Working with Active People*. 2nd ed. Dan Benardot (ed.). Chicago, IL: The American Dietetic Association. 1992. (in press).

*Medicine and Sport Science: Advances in Nutrition and Top Sport*. F. Brouns (ed.). Medicine and Sport Science, vol. 32. Basel, Switzerland: S. Karger. 1991. 222 pp.

"Foods, nutrition, and sports performance: proceedings of an international scientific consensus held 4-6 February 1991, Lausanne." *Journal of Sports Sciences*. vol. 9 (special issue): 1991. (O)

---

The resources listed are judged to be available and accurate. Opinions expressed in the publications do not necessarily reflect the views of the U.S. Department of Agriculture. *Nutri-Topics* replaces the FNIC *Pathfinder* series and is issued in three editions: Consumer, Educator, and Health Professional/Researcher.

*Sports Nutrition for the 90's: The Health Professional's Handbook.* Jacqueline R. Berning and Suzanne Nelson Steen (eds.). Gaithersburg, MD: Aspen Publishers, Inc. 1991. 299 pp.

*Nutrition in Exercise and Sport.* James F. Hickson, Jr. and Ira Wolinsky (eds.). Boca Raton, FL: CRC Press, Inc. 1990. 424 pp.

"First international conference on nutrition and fitness: proceedings of a conference held in Ancient Olympia, Greece, May 21-26, 1988." *The American Journal of Clinical Nutrition.* 49(5 Supplement); 1989.

### **Energy Expenditure (publications in order by year)**

"Energy expenditure of elite female runners measured by respiratory chamber and doubly-labeled water." L.O. Schulz, S. Alger, I. Harper, J.H. Wilmore, and E. Ravussin. *Journal of Applied Physiology*, 72:23-28. 1992. (R)

"Is there energy conservation in amenorrheic compared to eumenorrheic distance runners?" Jack H. Wilmore, Kathleen C. Wambsgans, Maxine Brenner, Craig E. Broeder, Irma Paijmans, Joseph A. Volpe, and Kristine M. Wilmore. *Journal of Applied Physiology*, 72:17-22. 1992. (R)

"Resting metabolic rate and energy balance in amenorrheic and eumenorrheic runners." Merle Myerson, Bernard Gutin, Michelle P. Warren, Muriel T. May, Isobel Contento, Michael Lee, F.X. Pi. Sunyer, Richard N. Pierson, and J. Brooks-Gunn. *Medicine and Science in Sports and Exercise*, 23 (1): 15-22. 1991. (R)

"Discrepancies between energy intake and expenditure in physically active women." Kathleen Milligan and Gail E. Butterfield. *British Journal of Nutrition*, 64:2336. 1990. (R)

"Resting metabolic rate in weight-cycling collegiate wrestlers compared with physically active, noncycling control subjects." Christopher L. Melby, W. Daniel Schmidt, and Donald Corrigan. *The American Journal of Clinical Nutrition*, 52(3):409-414. 1990. (R)

"The impact of food intake and exercise on energy expenditure." Eric Poehlman and E.S. Horton. *Nutrition Reviews*, 47(5):129-137. 1989. (O)



## Carbohydrates (publications in order of year)

- "Carbohydrate feedings before, during, or in combination improve cycling endurance performance." D.A. Wright, W.M. Sherman, and A.R. Dernbach. *Journal of Applied Physiology*, 71(3):1082-1088. 1991. (R)
- "Carbohydrate feedings 1-h before exercise improves cycling performance." William M. Sherman, M. Christine Peden, and David A. Wright. *American Journal of Clinical Nutrition*, 54:866-870. 1991. (R)
- "Insufficient dietary carbohydrate during training: does it impair athletic performance?" William M. Sherman, and Gregory S. Wimer. *International Journal of Sports Nutrition*, 12(1):28-44. (O)
- "Nutrition and exercise determinants of postexercise glycogen synthesis." Robert A. Robergs. *International Journal of Sports Nutrition*, 1(4):307-337. 1991. (O)
- "Carbohydrate supplementation to enhance swimming performance: strengths and limitations." Leslie O. Schulz, Carrie M. Beck, Richard Suscha, David F. Enzler, and Martin T. Moore. *Nutrition Research*, 9(12):1297-1305. 1989. (R)
- "Effects of 4 and 8-h preexercise feeding on substrate use and performance." Michael G. Flynn, Thomas J. Michaud, Jorge Rodriguez-Zayas, Charles P. Lambert, James B. Boone and Robert W. Moleski. *Journal of Applied Physiology*, 67(5):2066-2071. 1989. (R)
- "The effects of glucose, fructose, and sucrose ingestion during exercise." Robert Murray, Gregory L. Paul, John G. Seifert, Dennis E. Eddy, and George A. Halaby. *Medicine and Science in Sports and Exercise*, 21(3):275-282. 1989. (R)
- "Gastric emptying influence of prolonged exercise and carbohydrate concentration." J.B. Mitchell, D.L. Costill, J.A. Houmard, W.J. Fink, R.A. Robergs, and J.A. Davis. *Medicine and Science in Sports and Exercise*, 21(3):269-274. 1989. (R)
- "Influence of carbohydrate dosage on exercise performance and glycogen metabolism." J.B. Mitchell, D.L. Costill, J.A. Houmard, W.J. Fink, D.D. Pascoe, and D.R. Pearson. *Journal of Applied Physiology*, 67(5):1843-1849. 1989. (R)
- "Carbohydrate-electrolyte drinks: effects on endurance cycling in the heat." J. Mark Davis, David R. Lamb, Russell R. Pate, Cris A. Slentz, William A. Burgess, and William P. Bartoli. *The American Journal of Clinical Nutrition*, 48:1023-1030. 1988. (R)

- "Carbohydrates for exercise: dietary demands for optimal performance." D.L. Costill. *International Journal of Sports Medicine*, 9:1-18. 1988. (O)
- "Effect of glucose polymer diet supplement on response to prolonged successive swimming, cycling and running." Mindy L. Millard-Stafford, Kirk J. Cureton and Chester A. Ray. *European Journal of Applied Physiology and Occupational Physiology*, 58(3):327-333. 1988. (R)
- "Improvements in exercise performance: effects of carbohydrate feedings and diet." P. Darrell Neuffer, David L. Costill, Michael G. Flynn, John P. Kirwan, Joel B. Mitchell, and Joe Houmard. *Journal of Applied Physiology*, 62(3):983-988. 1987. (R)

### **Protein and Amino Acids (publications in order by year)**

- "Muscle damage: nutritional considerations." William J. Evans. *International Journal of Sports Nutrition*, 1(3):214-224. 1991. (O)
- "Effect of amino acids on growth hormone release." Bert H. Jacobson. *The Physician and Sportsmedicine*, 18(1):63-70. 1990. (O)
- "Ornithine ingestion and growth hormone release in bodybuilders." Luke Bucci, James F. Hickson, Jr., James M. Pivarnik, Ira Wolinsky, John C. McMahon and Stewart D. Turner. *Nutrition Research*, 10(3):239-245. 1990. (R)
- "Repeated days of body-building exercise do not enhance urinary nitrogen excretions from untrained young adult males." James F. Hickson, Ira Wolinsky, and James M. Pivarnik. *Nutrition Research*, 10(7):723-730. 1990. (R)
- "Dietary protein requirements of physically active individuals." Gregory L. Paul. *Sports Medicine*, 8(3):154-176. 1989. (O)
- "Effect of chronic endurance exercise on retention of dietary protein." J.E. Friedman and P.W.R. Lemon. *International Journal of Sports Medicine*, 10(2):118-123. 1989. (R)
- Protein*. Jaime S. Ruud. Omaha, NE: International Center for Sports Nutrition (position paper). 1989. 32 pp. (O)
- "Protein and energy metabolism during prolonged exercise in trained athletes." T.P. Stein, R.W. Hoyt, M. O'Toole, M.J. Leskiw, M.D. Schluter, R.R. Wolfe and W.D.B. Hiller. *International Journal of Sports Medicine*, 10:311-316. 1989. (R)

"Amino acid and protein metabolism during exercise and recovery." George A. Brooks. *Medicine and Science in Sports and Exercise*, 19 (5 Supplement):S150-S156. 1987. (O)

"Does exercise stimulate protein breakdown in humans? Isotopic approaches to the problem." Robert R. Wolfe. *Medicine and Science in Sports and Exercise*, 19 (5 Supplement):S172-S178. 1987. (R)

"Protein degradation during endurance exercise and recovery." G. Lynis Dohm, Edward B. Tapscott and George J. Kasperek. *Medicine and Science in Sports and Exercise*, 19 (5 Supplement):S166-S171. 1987. (R/O)

"Whole-body protein utilization in humans." Gail E. Butterfield. *Medicine and Science in Sports and Exercise*, 19 (5 Supplement):S157-S165. 1987. (O)

### **Lipids (publications in order by year)**

"The effect of exercise on lipid metabolism in men and women." Linn Goldberg and Diane L. Elliot. *Sports Medicine*, 4:307-321. 1987. (O)

"Lipid metabolism during exercise: influence of training." Ronald L. Terjung and Hanna Kaciuba-Useiko. *Diabetes/Metabolism Reviews*, 2(1-2):35-51. 1986. (O)

### **Fluids (publications in order by year)**

"The hyponatremia of exercise." Timothy D. Noakes. *International Journal of Sports Nutrition*, 2:205-228. 1992. (O)

"Fluid replacement and exercise stress: a brief review of studies on fluid replacement and some guidelines for the athlete." R.J. Maughan and T.D. Noakes. *Sports Medicine*, 12(1):16-31. 1991. (O)

"Fluid availability of sports drinks differing in carbohydrate type and concentration." J. Mark Davis, William A. Burgess, Cris A. Slentz, William P. Bartoli. *The American Journal of Clinical Nutrition*, 51(6):1054-1057. 1990. (R)

### **Micronutrients (publications in order by year)**

"A current perspective on nutrition and exercise." (antioxidant nutrients). Vishwa N. Singh. *Journal of Nutrition*. 122 (3 Supplement):760-765. 1992. (O)



- "Effect of magnesium supplementation on strength training in humans."  
Lorraine R. Grilla and Timothy F. Haley. *Journal of the American College of Nutrition*, 11(3):326-329. 1992. (R)
- "Efficacy of chromium supplementation in athletes: emphasis on anabolism."  
Robert G. Lefavi, Richard A. Anderson, Robert E. Keith, G. Dennis Wilson, James L. McMillan, and Michael H. Stone. *International Journal of Sports Nutrition*, 2(2):111-118. 1992. (O)
- "Exercise and iron status." Connie M. Weaver and Sujatha Rajaram. *Journal of Nutrition*, 122 (3 Supplement):782-787. 1992. (O)
- "Vitamin and mineral supplementation to athletes." Emily M. Haymes. *International Journal of Sports Nutrition*, 1(2):146-169. 1991. (O)
- "Dietary intakes and biochemical markers of selected minerals: comparison of highly trained runners and untrained women." Anita Singh, Patricia A. Deuster, Barbara A. Day, and Phylis B. Moser-Veillon. *Journal of the American College of Nutrition*, 9(1):65-75. 1990. (R)
- "Iron deficiency in the young athlete." T.W. Rowland. *The Pediatric Clinics of North America*, 37(5):1153-63. 1990. (O)
- "Zinc metabolism in the athlete: influence of training, nutrition, and other factors." F. Couzy, P. Lafargue, and C.Y. Guezennec. *International Journal of Sports Medicine*, 4(11):263-266. 1990. (R)
- "Influence of dietary iron source on iron status among female runners." Ann C. Synder, Linda L. Dvorak, and Judith B. Roepke. *Medicine and Science in Sports and Exercise*, 21(1):7-10. 1989. (R)
- Iron and physical performance.* Jaime S. Ruud. Omaha, NE: International Center for Sports Nutrition (position paper). 1989. 43 pp. (O)
- "Review: the role of vitamin C in athletic performance." Helga Gerster. *Journal of the American College of Nutrition*, 8(6):636-643. 1989. (O)
- "Zinc status of highly trained women runners and untrained women." Patricia A. Deuster, Barbara A. Day, Anita Singh, Larry Douglass, and Phylis B. Moser-Veillon. *The American Journal of Clinical Nutrition*, 49(6):1295-1301. 1989. (R)



"Iron deficiency in female athletes: its prevalence and impact on performance."

William L. Risser, Eva J. Lee, Hally B. Poindexter, M. Stewart West, James M. Pivarnik, Jan M. H. Risser and James F. Hickson. *Medicine and Science in Sports and Exercise*, 20(2):116-121. 1988. (R)

"Iron, zinc and magnesium nutrition and athletic performance." Roger McDonald and Carl L. Keen. *Sports Medicine*, 5:171-184. 1988. (O)

"Vitamin and mineral supplementation: effect on the running performance of trained athletes." Lindsay M. Weight, Kathryn H. Myburgh and Timothy D. Noakes. *The American Journal of Clinical Nutrition*, 47:192-195. 1988. (R)

"Vitamin B-6 metabolism as affected by exercise in trained and untrained women fed diets differing in carbohydrate and vitamin B-6 content." Melinda M. Manore, James E. Leklem, and M. Carol Walter. *The American Journal of Clinical Nutrition*, 46:995-1004. 1987. (R)

#### **Nutrition Knowledge, Nutritional Status and Dietary Intakes of Athletes and Coaches (publications in order by year)**

"A comparison of nutrition knowledge and attitudes, dietary practices, and bone densities of postmenopausal women, female college athletes, and nonathletic college women." Lesa Frederick and Sarah T. Hawkins. *Journal of the American Dietetic Association*, 92(3):299-305. 1992. (R)

"Amenorrheic and eumenorrheic adolescent runners: dietary intake and exercise training status." Janine T. Baer, Janette Taper. *Journal of the American Dietetic Association*, 92(1):89-91. 1992. (R)

"Dietary intakes, energy expenditures, and anthropometric characteristics of adolescent female cross country runners." Dessa K. Bergen-Cico and Sarah H. Short. *Journal of the American Dietetic Association*, 92(5):611-612. 1992. (R)

"Effect of increased training volume on nutrient intake of male collegiate swimmers." S.I. Barr and D.L. Costill. *International Journal of Sports Medicine*, 13(1):47-51. 1992. (R)

"Dietary intake and metabolic parameters in adult men during extreme work load." J. Parizkova and J. Novak. *World Review of Nutrition and Dietetics*, 65:72-98. 1991. (R)

- "Dietary intakes of age-group swimmers." J.A. Hawley and M.M. Williams. *British Journal of Sports Medicine*, 25(3):154-158. 1991. (R)
- "Nutrient intake of an ultraendurance cyclist." Alice K. Lindeman. *International Journal of Sports Nutrition*, 1(1):79-85. 1991. (R)
- "Nutrition training, attitudes, knowledge, recommendations, responsibility, and resource utilization of high school coaches and trainers." Karen L. Graves, MaryAnn C. Farthing, Sally A. Smith, and Janet M. Turchi. *Journal of The American Dietetic Association*, 91(3):321-324. 1991.
- "Relationship of eating attitudes to anthropometric variables and dietary intakes of female collegiate swimmers." Susan I. Barr. *The Journal of the American Dietetic Association*, 91(8):976-77. 1991. (R)
- "Selected body composition and growth measures of junior elite gymnasts." Dan Benardot and Carol Czerwinski. *Journal of the American Dietetic Association*, 91(1):29-33. 1991. (R)
- "Eating behaviors, weight loss methods, and nutrition practices among high school wrestlers." Jean A. Lakin, Suzanne Nelson Steen and Robert A. Oppliger. *Journal of Community Health Nursing*, 7(4):223-234. 1990. (R)
- "Dietary patterns, gastrointestinal complaints, and nutrition knowledge of recreational triathletes." Jeanne D. Worme, Thomas J. Doubt, Anita Singh, Christopher J. Ryan, Frank M. Moses and Patricia A. Deuster. *The American Journal of Clinical Nutrition*, 51(4):690-697. 1990. (R)
- "Eating and training habits of triathletes: a balancing act." Alice K. Lindeman. *Journal of the American Dietetic Association*, 90(7):993-995. 1990. (R)
- "Menstrual irregularities, nutritional pattern and mineral intake and excretion of female athletes." Nweze Nnakwe. *Nutrition Research*, 10:23-30. 1990. (R)
- "Metabolic profiles, diet, and health practices of championship male and female bodybuilders." Susan M. Kleiner, Terry L. Bazzarre, and Mary D. Litchford. *Journal of the American Dietetic Association*, 90(7):962-967. 1990. (R)
- "Nutrition and the incidence of stress fractures in ballet dancers." Nina Frusztajer, Sarita Dhuper, Michelle P. Warren, J. Brooks-Gunn, and Richard P. Fox. *American Journal of Clinical Nutrition*, 51:779-783. 1990. (R)

- "Nutrition and the precontest preparations of a male bodybuilder." James F. Hickson, Timothy E. Johnson, Wesley Lee, and Richard J. Sidor. *Journal of the American Dietetic Association*, 90(2):264-267. 1990. (R)
- "Nutrition knowledge and dietary practices of college coaches." Gail Corley, Mary Demarest-Litchford, and Terry L. Bazzarre. *Journal of the American Dietetic Association*, 90(5):705-709. 1990. (R)
- "Nutrition knowledge and dietary practices of elite male basketball players." Catherine O'Halloran, Mary Bowlby, and Andrew Pipe. *Journal of the Canadian Dietetic Association*, 51(2):357-360. 1990. (R)
- "Nutrient intake, body fat, and lipid profiles of competitive male and female bodybuilders." Terry L. Bazzarre, Susan M. Kleiner, and Mary D. Litchford. *Journal of the American College of Nutrition*, 9(2):136-142. 1990. (R)
- "Targeting nutrition messages: nutrient supplement use by athletes." Leslie O. Schultz. *Food and Nutrition News*. National Live Stock and Meat Board Research Department, 62(3):19-20. 1990. (O)
- "Dietary intakes of female college athletes: the need for nutrition education." Susan A. Tilgner and M. Rosita Schiller. *Journal of the American Dietetic Association*, 89(7):967-969. 1989. (R)
- "Dietary status of trained female cyclists." Robert E. Keith, Kathleen A. O'Keeffe, Lynn A. Alt, and Karen L. Young. *Journal of the American Dietetic Association*, 89(11):1620-1623. 1989. (R)
- "Eating attitude and nutritional intake of adolescent female gymnasts." James F. Hickson, Jr., and Kevin Kish. *Journal of Applied Sport Science Research*, 3(2):48-50. 1989. (R)
- "Eating, drinking, and cycling. A controlled Tour de France simulation study. Part I." F. Brouns, W.H.M. Saris and J. Stroecken, E. Beckers, R. Thijssen, N.J. Rehrer, and F. tenHoor. *International Journal of Sports Medicine*, 10 (1Supplement):S32-S40. 1989. (R)
- "Eating, drinking, and cycling. A controlled Tour de France simulation study. Part II: Effect of Diet Manipulation." F. Brouns, W.H.M. Saris and J. Stroecken, E. Beckers, R. Thijssen, N.J. Rehrer, and F. tenHoor. *International Journal of Sports Medicine*, 10 (1 Supplement):S41-S48. 1989. (R)



- "An evaluation of dietary intakes of triathletes: are the RDA's being met?" Diane R. Green, Carolyn Gibbons, Mary O'Toule, and William B.O. Hiller. *Journal of the American Dietetic Association*, 89(11):1653-1654. 1989. (R)
- "Nutritional, physiological, and menstrual status of distance runners." Susanne Kaiserauer, Ann C. Snyder, Mark Sleeper, and Juleen Zierath. *Medicine and Science in Sports and Exercise*, 21(2):120-125. 1989. (R)
- "Relationship between nutrient intake, body mass index, menstrual function and ballet injury." J. Benson, C. Geriger, P. Eiserman, G. Wardlaw. *Journal of the American Dietetic Association*, 1:58-63. 1989. (R)
- "Supplementation patterns in marathon runners." David C. Nieman, Jeffrey R. Gates, Janice V. Butler, Lenea M. Pollett, Stephen J. Dietrich, and Robert D. Lutz. *Journal of the American Dietetic Association*, 89(11):1615-1619. 1989. (R)

#### **Nutritional Assessment (publications in order by year)**

- "Assessing athletes' nutritional status: making it part of the sports medicine physical." Joanne L. Slavin. *The Physician and Sports Medicine*, 19(11):79-82, 87-88, 91-94. 1991. (O)
- "An eating plan and update on recommended dietary practices for the endurance athlete." Carolyn J. Hoffman and Ellen Coleman. *Journal of the American Dietetic Association*, 91(3):325-330. 1991. (O)
- "Development and testing of a carbohydrate monitoring tool for athletes." Karen Moses and Melinda M. Manore. *Journal of the American Dietetic Association*, 91(8):962-965. 1991. (R)
- "Nutrition assessment of athletes: a model for integrating nutrition and physical performance indicators." Jean Storlie. *International Journal of Sports Nutrition*, 1(2):192-204. 1991. (O)
- "The validity of a food use questionnaire in assessing the nutrient intake of physically active young men." Mikael Fogelholm and Marjaana Lahti-Koske. *European Journal of Clinical Nutrition*, 45(5):267-272. 1991. (R)
- Anthropometric Standardization Reference Manual*. Timothy G. Lohman, Alex F. Roche, and Reynoldo Martorell (eds.). Champaign, IL: Human Kinetics Publishers, Inc.. 1988. 177 pp.



## **Athletic Groups with Special Nutritional Concerns (publications in order by year)**

- "Feeding the ultraendurance athlete: practical tips and a case study." Nancy Clark, John Tobin, Jr., and Cathy Ellis. *Journal of the American Dietetic Association*, 92(10):1258-1262. 1992. (O)
- "Effect of diet and exercise on hormones: implications for monitoring training in women." Herman Adlercreutz. *Clinical Journal of Sport Medicine*, 1:149-153. 1991. (O)
- "Low nutrient intake does not cause the menstrual cycle interval disturbances seen in some ultramarathon runners." Vivienne A. Watkin, Kathryn H. Myburgh, and Timothy D. Noakes. *Clinical Journal of Sport Medicine*, 1:154-161. 1991. (R)
- "Nutritional considerations for ultraendurance performance." Elizabeth A. Applegate. *International Journal of Sports Nutrition*, 1:118-126. 1991. (O)
- "Physiological consideration of ultraendurance performance." Richard B. Kreider. *International Journal of Sport Nutrition*, 1(1):3-27. 1991. (O)
- "Nutrition for high altitude and mountain sports." Julie Ann Lickteig. In: *Winter Sports Medicine*. pp. 383-392. Murphy Joseph Casey, Carl Foster, and Edward G. Hixson (eds.). Philadelphia: FA Davis Company. 1990. 392 pp.
- "Nutrition for winter sports." Julie Ann Lickteig and Carl Foster. In: *Winter Sports Medicine*. pp. 22-33. Murphy Joseph Casey, Carl Foster, and Edward G. Hixson (eds.). Philadelphia: FA Davis Company. 1990. 392 pp.
- "Nutritional intake in adolescent athletes." Alvin R. Loosi and Joan Benson. *The Pediatric Clinics of North America*, 37(5):1143-52. 1990. (O)
- "Effects of nutrition and diabetes mellitus on the regulation of metabolic fuels during exercise." Harriet Wallberg-Henriksson and John Wahren. *The American Journal of Clinical Nutrition*, 49(5):938-943. 1989. (O)
- "Exercise and nutrition in the elderly." William Evans and Carol N. Meredith. In: *Nutrition, Aging and the Elderly*. pp. 89-125. Hamish Munro and Darla Danford (eds.). New York, NY: Plenum Publishing Corporation. 1989.
- Vegetarianism: Implications for Athletes*. Jaime S. Ruud. Omaha, NE: International Center for Sports Nutrition (position paper). 1990. 32 pp.

## **Ergogenic Aids (publications in order by year)**

"Nutritional ergogenic aids: carnitine." Priscilla M. Clarkson. *International Journal of Sports Nutrition*, 2(2):185-190. 1992. (O)

*Perspectives in Exercise Science and Sports Medicine: Ergogenics: Enhancement of Performance in Exercise and Sport.* D. Lamb and M. Williams (eds.). vol. 4 Indianapolis, IN: Benchmark Press. 1991.

"Performance-enhancing aids in sport: health consequences and nutritional alternatives." Susan M. Kleiner. *Journal of the American College of Nutrition*, 10(2):163-176. 1991. (O)

*Beyond Training: How Athletes Enhance Performance Legally and Illegally.* Melvin H. Williams. Champaign, IL: Leisure Press. 1989. 215 pp.

## **Eating Disorders (publications in order by year)**

*Eating, Body Weight, and Performance in Athletes: Disorders of Modern Society.* Kelly D. Brownell, Judith Rodin, and Jack H. Wilmore. Philadelphia, PA: Lea and Febiger. 1992. 374 pp.

"A comparison of male and female university athletes and nonathletes on eating disorder indices: are athletes protected?" Janet A. Wilkins, Fred J. Boland, and John Albinson. *Journal of Sport Behavior*, 14(2):129-143. 1991. (R)

*Compulsive Exercise and the Eating Disorders: Toward an Integrated Theory of Activity.* Alayne Yates. New York, NY: Brunner/Mazel Publishers. 1991. 259 pp.

"Eating and weight disorders in the female athlete." Jack H. Wilmore. *International Journal of Sports Nutrition*, 1(2):104-117. 1991. (O)

"Eating disorders among athletes: research and recommendations." David M. Garner and Lionel W. Rosen. *Journal of Applied Sport Sciences Research*, 2(5):100-107. 1991. (O)

"Eating disorders and associated symptoms among dancers and other student populations at UCLA." Felice D. Kurtzman, Joel Yager, John Landsverk, Edward Wiesmeier, and Diane C. Bodurka. *Kinesiology and Medicine for Dance*, 13(1):16-32. 1990-1991. (R)

"Sports, exercise, and eating disorders." Julie A. Pruitt, Rugh V. Kappius, and Pamela S. Imm. In: *Psychology of Sports, Exercise, and Fitness: Social and Personal Issues*. Louis Diamant (ed.). New York, NY: Hemisphere Publishing Corporation. 1991. pp. 139-151.

"Body image assessment and eating attitudes in marathon runners: inverse findings to patients with anorexia nervosa." Arthur J. Siegel, Elaine L. Stewart, and Blair Barone. *Annals of Sports Medicine*, 5(2):67-70. 1990. (R)

"Disordered eating patterns in competitive female athletes." Beverly J. Warren, Annette L. Stanton, and Daniel L. Blessing. *International Journal of Eating Disorders*, 9(5):565-569. 1990. (R)

"Behaviors and attitudes associated with eating disorders: perceptions of college athletes about food and weight." Mardie E. Burckes-Miller and David R. Black. *Health Education Research*, 3(2):203-208. 1988. (R)

### **Serials With Major Focus on Sports Nutrition**

*SCAN'S PULSE* (newsletter of the Sports and Cardiovascular Nutritionists Dietetic Practice Group (SCAN) of The American Dietetic Association.) To subscribe contact: The American Dietetic Association, 216 W. Jackson Blvd., Suite 800, Chicago, IL 60606. (312) 899-0040.

*International Journal of Sports Nutrition*. To subscribe contact: Human Kinetics Publishers, 1607 N. Market Street, P.O. Box 5076, Champaign, IL 61825-5076. (217) 351-2674.

### **Contacts for Assistance**

#### **National Contacts**

American College of Sports Medicine, P.O. Box 1440, Indianapolis, IN 46206.  
(317) 637-9200.

Food and Nutrition Information Center, National Agricultural Library, U.S.  
Department of Agriculture, 10301 Baltimore Blvd., Room 304, Beltsville, MD  
20705-2351. (301) 504-5719.

Gatorade Sports Science Institute, P.O. Box 9005, Chicago, IL 60604-9005.  
(312) 222-7704.

International Center for Sports Nutrition, 502 South 44th Street, Suite 3012-NT,  
Omaha, NE 68105. (402) 559-5505.

Sports Nutrition Education Resource Center, Dept. of Allied Health (NTHP),  
Slippery Rock University, Slippery Rock, PA 16057. (412) 738-2269.

**Acknowledgements are made to the following reviewers:**

Kristine L. Clark, Ph.D., R.D., The Pennsylvania State University, Center for Sports  
Medicine, University Park, PA.

Nancy Clark, M.S., R.D., Sports Medicine Brookline, Brookline, MA.

Marcy J. Leeds, Ph.D., R.D., Sports Nutrition Education Resource Center, Slippery  
Rock University, Slippery Rock, PA.

Melvin H. Williams, Ph.D., FACSM, Director, Human Performance Laboratory, Old  
Dominion University, Norfolk, VA.

This Nutri-Topics was compiled by Jana Landkammer, R.D. in 1990,  
and updated by Natalie Updegrove, M.S., R.D. in 1992.